

Fee-For-Service (FFS) Premium Charts

Non-Postal Premium Rates for the Federal Employees Health Benefits Program											
Fee-for-Service Plans			2010 Biweekly premium rates 2009				2009 Total Monthly Premium	2010 Monthly premium rates			
Plan -Option - Enrollment Code	2009 Total Biweekly Premium		Total Premium	Gov't Pays	Empl. Pays	Change in Empl. Payment		Total Premium	Gov't Pays	Empl. Pays	Change in Empl. Payment
APWU Health Plan											
High Self	471	\$197.87	\$205.78	\$154.34	\$51.44	\$1.97	\$428.72	\$445.86	\$334.40	\$111.46	\$4.28
High Family	472	\$447.40	\$465.30	\$348.98	\$116.32	\$4.47	\$969.37	\$1,008.15	\$756.11	\$252.04	\$9.70
CDHP Self	474	\$155.40	\$155.40	\$116.55	\$38.85	\$0.00	\$336.70	\$336.70	\$252.53	\$84.17	\$0.00
CDHP Family	475	\$349.60	\$349.60	\$262.20	\$87.40	\$0.00	\$757.47	\$757.47	\$568.10	\$189.37	\$0.00
Association Benefit Plan											
High Self	421	\$212.30	\$225.04	\$167.61	\$57.43	\$0.79	\$459.98	\$487.59	\$363.16	\$124.43	\$1.71
High Family	422	\$489.05	\$518.39	\$376.04	\$142.35	\$5.86	\$1,059.61	\$1,123.18	\$814.75	\$308.43	\$12.70
Blue Cross and Blue Shield Service Benefit Plan											
Standard Self	104	\$225.84	\$248.42	\$167.61	\$80.81	\$10.63	\$489.32	\$538.24	\$363.16	\$175.08	\$23.02
Standard Family	105	\$517.14	\$561.10	\$376.04	\$185.06	\$20.48	\$1,120.47	\$1,215.72	\$814.75	\$400.97	\$44.38
Blue Cross and Blue Shield Service Benefit Plan											
Basic Self	111	\$170.66	\$186.02	\$139.52	\$46.50	\$3.84	\$369.76	\$403.04	\$302.28	\$100.76	\$8.32
Basic Family	112	\$399.66	\$435.66	\$326.75	\$108.91	\$9.00	\$865.93	\$943.93	\$707.95	\$235.98	\$19.50
GEHA Benefit Plan											
High Self	311	\$247.15	\$247.15	\$167.61	\$79.54	-\$11.95	\$535.49	\$535.49	\$363.16	\$172.33	-\$25.90
High Family	312	\$537.90	\$562.10	\$376.04	\$186.06	\$0.72	\$1,165.45	\$1,217.88	\$814.75	\$403.13	\$1.56
Standard Self	314	\$137.10	\$148.10	\$111.08	\$37.02	\$2.75	\$297.05	\$320.88	\$240.66	\$80.22	\$5.96
Standard Family	315	\$311.58	\$336.54	\$252.41	\$84.13	\$6.24	\$675.09	\$729.17	\$546.88	\$182.29	\$13.52
GEHA High Deductible Health Plan											
HDHP Self	341	\$175.76	\$175.76	\$131.82	\$43.94	\$0.00	\$380.81	\$380.81	\$285.61	\$95.20	\$0.00
HDHP Family	342	\$401.44	\$401.44	\$301.08	\$100.36	\$0.00	\$869.79	\$869.79	\$652.34	\$217.45	\$0.00

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Mail Handlers Benefit Plan

Standard Self	454	\$215.52	\$244.23	\$167.61	\$76.62	\$16.76	\$466.96	\$529.17	\$363.16	\$166.01	\$36.31
Standard Family	455	\$481.22	\$558.94	\$376.04	\$182.90	\$54.24	\$1,042.64	\$1,211.04	\$814.75	\$396.29	\$117.53

Mail Handlers Benefit Plan Consumer Option

HDHP Self	481	\$139.28	\$143.46	\$107.60	\$35.86	\$1.04	\$301.77	\$310.83	\$233.12	\$77.71	\$2.27
HDHP Family	482	\$315.61	\$325.08	\$243.81	\$81.27	\$2.37	\$683.82	\$704.34	\$528.26	\$176.08	\$5.13

Mail Handlers Benefit Plan Value

Value Self	414	\$86.12	\$110.24	\$82.68	\$27.56	\$6.03	\$186.59	\$238.85	\$179.14	\$59.71	\$13.06
Value Family	415	\$205.33	\$262.82	\$197.12	\$65.70	\$14.37	\$444.88	\$569.44	\$427.08	\$142.36	\$31.14

NALC

High Self	321	\$212.16	\$235.46	\$167.61	\$67.85	\$11.35	\$459.68	\$510.16	\$363.16	\$147.00	\$24.58
High Family	322	\$465.50	\$514.38	\$376.04	\$138.34	\$21.97	\$1,008.58	\$1,114.49	\$814.75	\$299.74	\$47.60

Rural Carrier Benefit Plan

High Self	381	\$238.49	\$248.25	\$167.61	\$80.64	-\$2.19	\$516.73	\$537.88	\$363.16	\$174.72	-\$4.75
High Family	382	\$485.23	\$507.07	\$376.04	\$131.03	-\$1.64	\$1,051.33	\$1,098.65	\$814.75	\$283.90	-\$3.55

SAMBA

High Self	441	\$253.55	\$276.37	\$167.61	\$108.76	\$10.87	\$549.36	\$598.80	\$363.16	\$235.64	\$23.54
High Family	442	\$597.12	\$650.85	\$376.04	\$274.81	\$30.25	\$1,293.76	\$1,410.18	\$814.75	\$595.43	\$65.55
Standard Self	444	\$189.16	\$200.50	\$150.38	\$50.12	\$2.83	\$409.85	\$434.42	\$325.82	\$108.60	\$6.14
Standard Family	445	\$432.01	\$457.92	\$343.44	\$114.48	\$6.48	\$936.02	\$992.16	\$744.12	\$248.04	\$14.04